

Physical Activity For Children One to Two Years

All children from birth to age 5 should engage daily in physical activity that promotes movement skillfulness and foundations of health-related fitness (NASPE, 2009).

Movements to Work on

With Your Child

- ◆ Arching
- ◆ Clapping
- ◆ Falling
- ◆ Grabbing
- ◆ Pressing
- ◆ Jerking
- ◆ Jumping
- ◆ Kicking
- ◆ Pressing
- ◆ Pulling
- ◆ Rising
- ◆ Stomping
- ◆ Rolling
- ◆ Squeezing
- ◆ Swaying
- ◆ Walking

Benefits of Physical Activity to Children

- ◆ Healthy heart
- ◆ Social development through play
- ◆ Problem solving skills
- ◆ Increased coordination and movement skills
- ◆ Enhanced attention and focus
- ◆ Higher self-esteem

Sample Toys

- ◆ Cymbals, Drums, Xylophones
- ◆ Plastic Bowling Set
- ◆ Small Doll Carriages
- ◆ Squeeze Toys
- ◆ Activity Tables
- ◆ Plastic Bowling Set
- ◆ Toys Propelled by Feet, No Pedals, Four Wheels

Games

Body Part Follow the Leader	Squeeze Me	Let's See, I'll Be..	Challenge Walk
Move your body and encourage your child to imitate the following actions: "Bend one knee and elbow, nod your head, look high and low, wave your arms, make circles with your hips. Shake a leg, clap your hands."	Have your child grasp, squeeze, and release cloth, yarn, foam, or crumpled paper balls, and to move the object around different body parts.	Ask the child to imitate the action of: <ul style="list-style-type: none"> • A tree swaying • The sun rising • A cat arching its back • A kangaroo jumping. 	Have your child walk twisting pathways, up and down small inclines or hills, along wide ledges close to the ground, and up and down low steps.

References:

Clements, Rhonda, Lee, Michael, G. H. C. Illustrations, & O'Sullivan. The Diane Lindner- Goldberg Child Institute, Parent's Guide To Physical Play. New York State Department of Social Services. July 99.

National Association for Sport and Physical Education (NASPE). Active Start, A Statement of Physical Activity Guidelines For Children From Birth to Five Years, 2nd Edition, <http://www.shapeamerica.org/>. 2009.